MEDICAL COLLEGE OF GEORGIA · GEORGIA'S HEALTH SCIENCES UNIVERSITY · 1828

Today

Volume 27, Number 2 Winter 1999

A Safe Haven

MEDICAL COLLEGE OF GEORGIA
CHILDREN'S MEDICAL CENTER

The MCG Children's Medical Center is the children's hospital of Georgia's health sciences university, attracting patients from throughout Georgia, South Carolina, the Southeast and beyond.

Here, pediatric subspecialists representing every field of medicine not only treat the immediate health care needs of children, but are dedicated to the future of pediatric medicine as well.

On Dec. 8, 1998, MCG will open a new Children's Medical Center. This exceptional facility will offer teens, children and infants the highest level of medical care available in a family-centered environment.

Augusta, Georgia
(706) 721-CARE or (800) 736-CARE.

MEDICAL COLLEGE OF GEORGIA · GEORGIA'S HEALTH SCIENCES UNIVERSITY · 1828

Today

Volume 27, Number 2 Winter 1999

I am in the emergency room this week and I hope I can get used to it. I was overwhelmed by the stench.... The treatment of the patients was as unfamiliar to me as the Spanish language.... People may not get treatment for days and have to wait in the hallways....

—GARETH HAMMOND

Gareth, a Medical College of Georgia medical student, chose not to spend his vacation sunning on the beach last summer. Instead, he and several classmates used their free time to help treat the most impoverished residents of Honduras. The experience—overwhelming, incredible, unforgettable—helped them refine their clinical skills. But more than that, it was a timely reminder of why they chose medicine in the first place: to be of service to their fellow man, particularly those most in need. Read about their altruism in this edition of *Medical College of Georgia Today.*

Read also about research at MCG that has solved a medical mystery: why fetuses—whose tissue is foreign to their mothers' immune system and therefore should be rejected—find a safe haven in the womb.

Also in this edition is an article about a program that helps sexually traumatized women break free of the past. We think each of these feature articles are sterling examples of the best MCG has to offer in health care, research and education. We hope you'll agree.

2 **At a Glance**
Helping HIV patients comply with their medication regimen and easing incarcerated women's transition back into society are among the items making news at the Medical College of Georgia.

4 **In the Trenches**
Three weeks seemed like a lifetime to the MCG School of Medicine students treating the most impoverished residents of Honduras.

7 **From Terror to Triumph**
An MCG program helps sexually traumatized women break free of the past.

10 **A Safe Haven**
MCG researchers have solved a medical mystery: why fetuses aren't rejected by their mothers' immune systems.

12 **Plan Your Giving**
Yes, a will is important.

13 **AlumNews**
News from MCG's five alumni associations.

MCG President: *Francis J. Tedesco, M.D.*
Executive Editor: *James B. Osborne, Ed.D.*
Director of Marketing and Public Relations: *Dale Crail*
Editor: *Christine Hurley Deriso*
Art Director: *Brent D. Burch*
Photographer: *Phil Jones*

©1999, Medical College of Georgia. The Medical College of Georgia is the health sciences university of the University System of Georgia. Focusing on health-care education, research and patient care, the Augusta-based institution consists of MCG Hospital, more than 80 support clinics, statewide outreach programs and the Schools of Allied Health Sciences, Dentistry, Graduate Studies, Medicine and Nursing.

Medical College of Georgia Today is sponsored by grants from MCG Foundation, Inc. and the MCG School of Medicine Alumni Association. It is produced by the Divisions of Institutional Relations and Health Communication; Medical College of Georgia; Augusta, Georgia 30912. Advertising inquiries should be directed to *Augusta Magazine*, (706) 722–5833, P. O. Box 1405, Augusta, Georgia 30903. Published quarterly, *MCG Today* is furnished to alumni and friends of MCG without charge. The appearance of advertisements in this publication does not constitute an endorsement by the Medical College of Georgia of the products or services advertised.

AT A GLANCE

Stacking the Odds

Those with life-threatening illnesses will certainly do everything in their power to protect themselves...right?

Not necessarily. Dr. Sheila Bunting, associate professor of Community Nursing, is interviewing HIV patients at MCG to determine factors that help them adhere to their medication regimen—information that health care providers could use to help others with the disease.

"We have medications that can often control HIV (the virus that causes AIDS)—if everything works perfectly," said Dr. Bunting. That's a big if. The drug cocktail that can hold the full-blown disease at bay is a complicated, time-consuming regimen. "The biggest obstacles seem to be things like forgetting, being too busy to take a pill or having to get up in the middle of the night to take one."

It's vital to reach those who don't stick to their regimen—both for their sake and for the sake of society in general. For instance, reports of drugs' efficacy can be skewed if people fail to take a drug properly or misreport their use of it.

Another chief consideration is the well-being of children, who depend on adults to give them their medicine. Dr. Barbara Kiernan, assistant professor of Parent-Child Nursing, is interviewing HIV-positive mothers to determine their ability and willingness to give a six-week regimen of the AIDS-fighting drug, AZT, to their newborns, the standard in safeguarding the children. "The babies have to be given the medication every six hours," Dr. Kiernan said. "We want to know whether there are problems that would hinder the mothers' ability to do this."

She and Dr. Kiernan hope their research will illuminate the difficulty of sticking to an HIV

Dr. Sheila Bunting (left) and Deborah Ivins, HIV outpatient educator

medication regimen and help health care providers respond accordingly. "The hope down the line is that we'll have medications that are easier to manage—and we will," said Dr. Bunting. "But in the meantime, we have to do all we can to help these patients take their medicine correctly."

Funding Continued

The Medical College of Georgia has received a $666,000 continuation grant from the Robert Wood Johnson Foundation to support initiatives to increase Georgia's pool of primary-care physicians and help prepare medical students for managed care.

MCG is one of 14 U.S. medical schools receiving funding from the foundation, the country's largest health care philanthropy. MCG has received nearly $2 million from the foundation to support its Generalist Physician Initiative beginning with a planning grant in 1992.

"The funding has been an important catalyst for change in our educational programs for medical students and primary-care residents," said Dr. Daniel W. Rahn, vice dean for the MCG School of Medicine's Clinical Affairs. "The continued support has allowed us to make significant curricular changes which are now integrated into our educational program at all levels."

Program initiatives include pairing high school and college students in underserved areas of the state with physicians to get a feel for the career; pairing MCG School of Medicine freshmen with generalists for clinical training; expanding MCG students' exposure to health promotion, disease prevention, problem-based learning and medical ethics; and implementing managed care educational programs for MCG primary-care residents.

"We want all of our students to have broad, general preparation before they make decisions about specialization," Dr. Rahn said. "Our goal is not to force them into any particular career pathways, but to ensure that all of our program graduates approach their professional endeavors with a patient- and family-centered perspective."

Easing Spasticity

A pump that continuously dispenses tiny amounts of muscle relaxer directly to the spinal fluid is being used at the MCG Children's Medical Center to ease debilitating spasticity in children.

Spasticity is abnormally tight muscle tone. Cerebral palsy, which results from a brain injury at or around the time of birth, is a major cause of spasticity in children. "What's actually happening is that all of the circuits telling muscles to tighten are on all at once," said Dr. Ann Marie Flannery, pediatric neurosurgeon at the CMC.

The baclofen pump is implanted under the skin in the abdomen and the dispensing catheter is placed in the lumbar spine area, enabling baclofen, a muscle relaxer, to be delivered directly to the point of spasticity at the spinal cord and nerve roots, said Dr. Flannery.

"It's one of the best options for children with tightness in their upper and lower extremities because the position of the treating catheter as well as the medication dose can be adjusted to treat both their arms and legs," Dr. Flannery said.

Back on Track

After spending hundreds of hours with incarcerated women in Georgia, an MCG researcher thinks nurses may play a pivotal role in easing their entry back into society upon their release.

Dr. Katherine Maeve, MCG assistant professor of community nursing, spends several hours a week with inmates at Washington State Prison in Davisboro, Ga., assessing how well they understand their health. Her research, funded by an MCG School of Nursing E. Louise Grant Faculty Scholar Grant, focuses on the women's role in optimizing their own health. Many enter prison with addictions, sexually transmitted diseases and physical and emotional scars of past abuse. Society will benefit, Dr. Maeve noted, by ensuring that their health problems are well-controlled both in prison and after they are released. She thinks public health nurses could address these needs by forming relationships with the women in prison, then providing follow-up support—and helping the women assume responsibility for their own health—after their release.

"We need to make sure these women come back into society with meaningful support structures that will ensure a successful transition back into community life," she said.

IN THE TRENCHES

Toni Baker

Editor's note: Several Medical College of Georgia medical students who are members of the Students for Intercultural Medicine* kept journals during their three weeks of volunteer service in Honduras during summer 1998. Excerpts appear throughout this article.

The ER was a war zone today. Even the local news refers to Mario Catarino Riva Hospital as 'the hospital of war....'
—GARETH HAMMOND

The tiny, over-crowed public hospital in San Pedro Sula, Honduras, *is* a war zone, where a small, overworked staff with little equipment and short supplies battles endless injuries.

Gareth is a member of MCG's Students for Intercultural Medicine who ventured into that war zone last summer. He and several classmates take vacation breaks and pay their own way to one of the world's poorest countries to help provide whatever care they can to the patients who sit, stand and lie in the hospital hallways.

They also go to learn.

"It hits you like a wall," student Bill Hammonds said of the unimaginable sights and smells of Honduras' largest public emergency room, which is no larger than his bedroom and jam-packed with patients. Mario Catarino Riva Hospital has been open less than a decade, but already the air conditioner is broken and the temperature inside labor and delivery and the emergency room reaches 100 degrees in the summer. As many as 30 babies are born there each day. A seemingly endless number of emergency patients stream in, many injured by machetes, the large knives used in coffee, banana, sugar cane and tobacco fields. Hondurans commonly keep their machetes with them and when conversations turn hostile between feuding gangs or even friends, the tools can become weapons.

"You have to understand: one day in the emergency room felt like a lifetime," reflected Joel Tieder, a senior medical student and a member and past president of the Students for Intercultural Medicine. Joel was a first-year student when he had his first "lifetime" in this emergency room. He vividly recollects the smell—"a mixture of ammonia and disinfectant and old blood and uncleanliness"—and the people. Patients seemed to expect nothing and be grateful for everything. Even after hours and sometimes days of waiting, almost every patient encounter ends with a thank-you and often a hug. "You could see the gratification in their faces, especially the parents," Joel said.

Likewise, Honduran care-givers welcome the extra sets of hands the American students provide. The students quickly find themselves with plenty to do.

*To make a donation to STUDENTS FOR INTERCULTURAL MEDICINE—a non-religious, non-political and non-profit organization dedicated to fostering compassion in future physicians and providing medical care to underserved patient populations, call Dr. Catherine deVries at (706) 721-0982 or send a check payable to STUDENTS FOR INTERCULTURAL MEDICINE to Dr. deVries at the Medical College of Georgia, Section of Urology, Augusta, Ga., 30912-4050. Donations will help purchase medical supplies and defray the expenses of participating students.

Two of the female medical students took me under their wing and I get to do a lot. I suture one man's wrist and another man's hand. I put in a Foley catheter and I draw blood. I also went to urology to get a consult on a patient ... one of the medical interns shows me all the supplies in the emergency room and says to feel free to treat people.

—BILL HAMMONDS

To prepare for the experience, interested freshmen and sophomores work with MCG faculty members such as Dr. Catherine deVries, chief of pediatric urology and a faculty advisor for the group, learning basic skills such as suturing on pigs' feet.

"This is a basic skill that they are going to be learning and using forever," Dr. deVries said. "The best time to learn it is perhaps not on a patient who is wide awake and otherwise in pain." She is a world traveler and volunteer herself, taking her specialized skills to Honduras, Vietnam and Africa. She was a medical student at Stanford University in the 1980s when a group of plastic surgeons now called Interplast began making trips to Honduras to correct cleft lips and palates. She wanted to go with them and finally had the opportunity as a surgical resident. Today, she directs genitourinary reconstruction for Interplast.

After settling in Augusta, she organized a similar worldwide group of urologists, the non-profit International Volunteers in Urology, Inc. This group takes specialized skills—such as correcting a deformed penis or restoring continence to a woman who otherwise would become an outcast following childbirth—to places where those skills don't exist or couldn't otherwise be accessed by the vast majority of citizens. Sometimes those places are in a physician's own country. "It's not just helping Americans go to these countries," she said. "One of the things I've found at (IVU) meetings is that a lot Indian doctors don't know how to volunteer in India. There are Brazilian doctors who don't know how to volunteer in Brazil. So we are helping them work even in a country where they speak the language, they know the people and they haven't had the mechanism to do the work."

The MCG students work and learn in Honduras under the auspices of the country's Ministry of Health and its School of Medicine, the Facultad de Ciencias Medicas Universidad Nacional Autonoma de Honduras.

People such as Dr. Daniel Carranza, general surgeon, are key to the process, serving as a teacher and mentor for students so far from home. Dr. Carranza helped the students access the public hospital in San Pedro Sula and helps take care of them in a foreign environment. "He's a model doctor, a generous and giving man," Joel said. He picks the visiting students up at the airport, takes them out for dinner and shows them the sites of the original banana republic where today there are rich people and

Our health care team members don't just save lives. They have lives.

The Navy Medical Corps is more than a practice, it's a way of life. You can find personal and professional fulfillment - enjoying precious family time with free evenings and weekends, and 30 days of vacation with pay earned every year. And take your career places working at renowned hospitals in the U.S. or overseas locations such as Spain or Italy .. or performing cutting-edge research with leading Navy professionals. For more information, call:

NAVY
LET THE JOURNEY BEGIN.

1-800-622-1404
Visit our website:
www.NAVYTEAM.com

poor people and few in between.

The support is important to students who cut their teeth in a patient-friendly world where subspecialists and super-technology can be found around every bend and are often overwhelmed by what they find in Honduras.

I am in the [emergency room] this week and I hope I can get used to it. I was overwhelmed by the stench today. ... The treatment of the patients was as unfamiliar to me as the Spanish language. People crammed the hallways and the lobby hoping to get in for treatment. I was told that people who get in with their treatment ticket, which they receive at the front desk, may not get treatment for days and have to wait in the hallways.

—GARETH HAMMOND

Before she ever set foot in Honduras, medical student Sarah Sterner knew she would be stepping into a different environment and pondered the opportunity of learning to do more with less. "We have so many resources in the states and so many technologies that they don't have in Third-World countries," she said. "I think it can be beneficial to you as a physician to learn how to do with very little." Then she got to the labor and delivery room in Honduras.

Sarah also found that the labor and delivery area was just one large room with about 10 stretchers in it; there weren't even curtains to offer women some sense of privacy; and an American standard, the ultrasound machine, was nowhere to be found.

One day when Sarah was working in the operating room, a patient had a cracked skull and the covering of his brain pierced with a machete. Nearby Copan has the Mayan ruins but it doesn't have a neurosurgeon, so doctors stitched up the superficial cut and sent him on his way. Over a 45-day period the man kept getting more air into his brain, his wound was not healing and he'd developed a painful softening of surrounding bone. The neurosurgeon told Sarah the man was lucky he didn't get meningitis. He told her, "Hondurans are not easy to die."

Sometimes when the episiotomies are being sewn up, the anesthesia the women were given starts to wear off. I don't know much about how painful it is, but I assume that that is a very sensitive area. You could tell that the anesthesia was wearing off by the sounds the patients would make. I asked if the patient should get more anesthesia and the [Honduran medical] student replied, 'No. She'll be fine.' I was really surprised. You know, the student was right. She would be fine, but she was not fine then. What we were doing was really hurting her. I don't know if they won't give them more because of the fact that there is not much to go around, or if it is just a different standard. Maybe it is a little bit of both.

—SARAH STERNER

Sarah and the others found many such signs of hope and of familiarity as well.

They found the usual grumbling between doctors and administrators over how things should be done. They worked alongside Honduran doctors and medical students who were well-educated professionals and effective practitioners despite what they didn't have. They found patients who were grateful and understanding. They found family members who stayed at the side of their loved ones no matter how dirty and cramped the conditions and even when the wait turned into days. They found just how fortunate health care providers and patients are in the United States.

"I had heard that there were a lot of places in the world where medical care was really, really lacking," said Eric Goldklang, a junior and president of the Students for Intercultural Medicine. "I had never seen it first hand, seen how bad it is."

But through Students for Intercultural Medicine, Eric and many other MCG students *do* see. "I'd really like to make it one of my focuses as a physician. Not just to work in a cushy office in Atlanta, but also to go out and help people who truly need it, people who won't receive health care unless I go out of my way to try to help them."

FROM TERROR TO TRIUMPH

Christine Hurley Deriso

He was back. I'd been sound asleep in my bed when suddenly I realized he had returned. Was it his footsteps that awakened me? The creak of my bedroom door? I don't recall. All I know is I opened my eyes and saw him walking toward me in the darkness. Then, with the burst of adrenalin generally reserved for Olympic sprinting, I bolted out of my bed, pushed past him, flew down the stairs and flung open my front door, screaming all the way. Once outside, I clung to the railing of the porch, hunched over in fear and exhaustion, and listened to my heart pound as if it were about to rip through my chest. I stood there for a couple of minutes, until the pounding subsided, then steeled myself to go back inside. I closed the front door behind me, making sure to twist the deadbolt into place. Then I walked back toward my bedroom, stopping to check on my sleeping children, holding my clammy cheek against their cool ones, tousling their hair, murmuring an apology in my head. 'I'm sorry.... I'm sorry.... Thank you, God, for not letting them wake up....'

—ANNA

The man who terrorized Anna* wasn't really in her house at all; he was in her mind. Years had passed since a stranger crawled through her bedroom window in the middle of the night and attacked her. But when she inadvertently relived the experience, as she did periodically at around 1 a.m., the time of the crime, the intruder seemed just as real to her as he had been the night of the attack. And her emotions were just as raw.

It was as if a needle was stuck on a record, forcing her to re-experience the most horrifying moment of her life. How could her mind be so cruel?

Actually, Anna's mind wasn't cruel. It was traumatized. As if desperately trying to process an experience too overwhelming to tuck away, Anna kept conjuring the same fearful image again and again.

Once your mind is stuck in the past, how do you prod it to move forward? That is the challenge of Dr. Amy House, a Medical College of Georgia psychologist who specializes in sexual trauma. Dr. House has developed a Sexual Trauma Survivors Program at MCG to help women put the past behind them.

"Abusers dominate their victims during an attack," Dr. House said. "They shouldn't dominate their whole lives."

It was Vietnam War veterans who first alerted the mental health community to post-traumatic stress disorder, characterized by re-experiencing a traumatic event, avoiding reminders of the event, overreacting to everyday stress and experiencing related psychological and physical distress. War veterans exhibited these symptoms consistently enough to merit a new psychiatric classification, previously—and somewhat dismissively—referred to as shell shock.

The mental health community soon realized that PTSD threatened not only war-weary soldiers, but those who had experienced any sort of extreme trauma, such as a natural disaster or a brutal crime.

"The symptoms are similar, regardless of the specifics of the abuse," Dr. House said. "In general, the more severe the trauma, the greater the likelihood of developing PTSD." An estimated 70 percent of rape victims develop the disorder, she said. That's a lot of women. Surveys indicate that approximately one in four women report having been sexually abused as children. About one in six women are raped at some point in their lives.

"I think it's many women's greatest fear," said Anna. "And after you've been attacked in the place you feel safest of all—your own bed—it's difficult to feel safe anywhere."

Dr. House says several issues contribute to the epidemic of sexual violence. "I think sexual abuse is multidimensional," she said. "Our culture objectifies women, overly sexualizing even adolescents and young girls. This has gone on for ages, but we're much more aware of it now. Until recently, it's been relatively acceptable for men to dominate women and for children not to receive much respect for their personhood. Those things are changing, but our behavior doesn't always match our ideals."

Attuned to such mixed societal signals, sexually traumatized women are often reluctant to seek help. "There's a shame and stigma associated with rape, so a lot of women avoid treatment," Dr. House said. "Also, the memories themselves are so frightening that they bring up a lot of strong feelings that victims often don't want to face."

But the longer women avoid treatment, the greater their likelihood of developing PTSD. Symptoms can range from unsettling (for instance, tensing and gasping when someone innocently brushes against them) to debilitating (such as refusing to leave the house for fear of revictimization). Also relatively common are flashbacks, such as Anna's.

"The vast majority of women we treat were traumatized years and years ago," Dr. House said. "The longer a woman has spent living with these issues, the more time that needs to be spent unraveling them."

She urges women to seek help as soon as possible after being abused. "We know we

*Name changed

can prevent the development of PTSD in many women who were very recently attacked," Dr. House said. The first step of a therapist is to serve as a sounding board, encouraging the patient to talk through every aspect of the experience. "PTSD makes you stuck. The memory becomes encapsulated, so associated thoughts and feelings remain as intense as they initially were. We give those feelings a chance to process so the intensity can abate. Once women face the memories and process them, they generally feel tremendous relief," Dr. House said. "There's often a dramatic change."

Therapists then counsel patients in stress-management training and help them deal with issues such as safety and intimacy. "Some women are so fearful, they can't function in a reasonable, normal way," Dr. House said. "The fear of revictimization can really dominate a woman's life."

Anna can relate. "I used to trust everybody," she said. "Then after the attack, I remember looking at people, especially men, very suspiciously and wondering, 'What are they thinking? Are they going to try to hurt me?' I became very paranoid, fearing the worst of every stranger. For a long time, I couldn't bear to hear the sound of footsteps following me on a sidewalk. I'd have to stop walking and let the other person pass. I was constantly vigilant, prepared to defend myself at any moment."

Such hyper-vigilance is particularly problematic when applied to the victim's loved ones. Loving, relaxed intimacy can become a struggle, said Dr. House. Counseling helps women let down their guards.

"My husband was so understanding and supportive that we actually became closer than ever after the attack," Anna said. "But even now, I sometimes jump out of my skin when he startles me by getting in bed after I've fallen asleep. It's as if I can consciously put the attack in perspective, but my subconscious won't let go of the fear."

That response is actually quite rational, Dr. House said. "I call PTSD a normal human response to an abnormal event," she said. "The feelings are adaptive in the short term. What happens is that we get stuck there."

In addition to helping women get "unstuck," the MCG Sexual Trauma Survivors Program addresses associated PTSD problems such as depression. Group therapy is available so women can share their experiences and draw strength from each other. The program includes specially tailored treatment for women who were sexually abused as children.

"Childhood abuse victims generally require the most time in therapy," Dr. House said. "That kind of abuse is complicated because its victims' emotional development was often disrupted."

Regardless of the specifics of the abuse, Dr. House urges all sexual trauma victims to seek help and begin freeing themselves from fear. And without instilling unnecessary fear, she counsels parents to do everything possible to protect their children from victimization.

In the case of young children, she advises, "Supervise them well. Know who they're with and where they are. Teach them the difference between good touch and bad touch. Be alert for changes in their behavior and attitude, which might signal a problem. Cultivate a good relationship with open communication."

Safety issues should be stressed as children become more independent. "Teen-age girls should be empowered to have a clear head about what they do and do not want to do," Dr. House said. "Young women should learn safety guidelines such as socializing in groups, having their own transportation and not getting drunk. Most sexual assaults involve drugs or alcohol."

And whether trying to protect your child or yourself, remember that balance is the key. "We encourage women to take reasonable precautions and minimize their chance of victimization. At the same time, they shouldn't be so fearful that they can't live their lives."

For more information about MCG's Sexual Trauma Survivors Program, contact Dr. House at (706) 721-6710.

A Safe Haven

Toni Baker

The placenta, known to provide a fetus with essential oxygen and nutrients, apparently protects it from destruction as well by selectively suppressing the mother's immune system which should recognize the genetically different life as foreign.

Medical College of Georgia researchers have identified the mechanism that enables a fetus—which has genes from both the mother and father—to survive in the mother, whose immune system should eliminate the fetus, much like it would a donated kidney or heart without immunosuppressive therapy.

"We are transplants for nine months of our lives before we ever come out into the world," said Dr. Andrew L. Mellor, molecular geneticist and immunologist and co-author on the study published in the Aug. 21 edition of the journal, *Science*. "Our discovery addresses the paradox of how mammals, such as human beings, survive in the potentially hostile environment of the womb."

MCG researchers have found that cells in the placenta, at the place where the mother and the developing baby interface, express an enzyme, indoleamine 2.3-dioxygenase or IDO, which locally disables the mother's immune system by degrading tryptophan, an amino acid essential to survival of T-cells, the orchestrators of the immune system's response, Dr. Mellor said.

"Any situation where T-cells would be expected to respond but do not, we are now suspicious of whether this mechanism is the reason why," Dr. Mellor said. Problems with this mechanism may play a role in the development of autoimmune diseases, such as lupus and arthritis, where the immune system begins reacting to its own tissue, and may explain why some fetuses spontaneously miscarry.

Knowledge of the mechanism may open up new treatment strategies to combat infectious diseases, tumors and autoimmune diseases and

Drs. Andrew L. Mellor (left) and David Munn

better immunosuppressive therapy for transplant patients, the researchers said.

"This opens up a fundamental new understanding of how the immune system regulates itself," said Dr. David Munn, pediatric hematologist-oncologist and co-author on the study. "It's a new paradigm."

Study findings came about rapidly, within the last year, and began with Dr. Munn's studies in human blood cells of how certain cells disable T-cells.

He found that certain cells called macrophages have the ability to stop T-cells from responding in vitro by depriving the cells of tryptophan. "The question was: Could this mechanism operate in vivo?" A review of scientific data showed that in the 1970s, Japanese researchers demonstrated that IDO, the enzyme enabling cells to become "black holes" that suck in tryptophan, was present in the placenta. "Dr. Munn and I developed a hypothesis that during pregnancy, certain cells in the placenta also switched on this same enzyme that removes tryptophan by destroying it in large amounts. The consequence was that the maternal T-cells that try to respond and reject the fetus were stopped in the beginning from doing that for the same reason that Dr. Munn found in the test tube," Dr. Mellor said.

Knowledge of the mechanism may open up new treatment strategies to combat infectious diseases, tumors and autoimmune diseases and better immunosuppressive therapy for transplant patients.

They gave healthy, pregnant laboratory mice an inhibitor that stops cells from degrading tryptophan. "We predicted that the single act of stopping the cells from degrading tryptophan would allow the maternal T-cells to reject the fetus," Dr. Mellor said. "Our predictions were borne out by the experiments. It was absolutely dramatic: Every single fetus got rejected." In a separate set of mice, where the mother and father were inbred to be genetically identical, the inhibitor appeared to have no effect: all the fetuses survived.

"The mechanism which we have come up with is an ancient one that is applicable to all mammals," Dr. Mellor said. "We think that this mechanism may answer the paradox—identified by the late Nobel prize laureate Sir Peter Medawar in 1953—of how the 'foreign' fetus survives."

The research was funded with support from the Carlos and Marguerite Mason Trust, the MCG Department of Medicine and the National Institutes of Health.

AUGUSTA 100
REALTORS®
4210 Columbia Rd. Ste 2A
Augusta, Georgia 30907
Direct (706) 855-5050
Toll Free (877) 773-8123
FAX (706) 854-9023
E-mail rret@csranet.com
www.augustahouses.com
Moving?
Call
Real Estate's
TOP GUN!
Richard
RET
For All Your Real Estate Needs...

WESTMINSTER SCHOOLS OF AUGUSTA
College preparatory education in a Christian setting. Individual attention, excellent academics, athletics and arts. Accepting applications for 1999-2000.
OPEN HOUSES
Call for more information
Grades PK - 6th • Saturday, December 12th at 10AM
Grades PK - 12th • Thursday, January 28th at 7PM
WESTMINSTER SCHOOLS OF AUGUSTA
3067 Wheeler Road • (706) 731-5260
SACS accredited • Member NAIS
Nondiscriminatory Admissions Policy

The next generation digital dictation system is here today... and it's so much more than just a dictation system!
VoicePower™ 2000
Digital Dictation and Voice Information System
• Totolly open orchitecture/expondoble open orchitecture for future needs
• Unlimited recording hours
• Eosy to use; eosy to customize
• Supports virtuolly every network operoting system
• System integrotion with HL7 compliance
Great far small practices as well as large facilities. MCG's solutian for dictations systems is naw available ta yau.
Precision Data Solutians, Inc. For more information call (706) 597-9922 or toll free (888) 597-9922.

We can make your life easier with Physicians Practice Software
Introducing
PCHMed™
PCHMed™ offers:
• Managed Care
• Quick Payment Posting
• Patient Scheduling
• Electronic Claims
• Highest Satisfaction Rating by the AMA
A true Win 32-bit application that operates in Windows 95 and Windows NT.
For more information call
Precision Data Solutions, Inc.
(706) 597-9922 or toll free (888) 597-9922

Yes, a Will is Important

Bruce L. Howerton

The will is the most common estate-planning tool for many Americans. A properly drafted will is a public document that should specifically describe how and to whom your assets will be transferred. Sounds sort of dry and technical, doesn't it?

How about this: "Your will is an act of love." Is this too far-fetched?

Actually, in an important sense, your will is one of the most loving acts of your lifetime. With an up-to-date will, you demonstrate your caring and thoughtfulness to your survivors. No will, or a poorly drafted will, may do just the opposite: show a lack of concern about the needs of your loved ones.

A closer look at how a will fits into the estate-planning process illustrates just what a valuable document it is.

Think of What You Own

There are other ways to transfer your assets at death besides through a will. For example, maybe you hold joint title to your home with your spouse, or you have a bank account in another person's name as well as yours. Assets like these will automatically pass to the co-owner at your death.

Assets with beneficiary designations also have a pre-determined recipient at your death. Life insurance proceeds and retirement plans are the most common examples of those assets that pass by contract. Trusts can also be created with stipulations as to who will receive the remainder of the trust's assets after your lifetime.

Assets that don't automatically pass to a certain survivor are considered "probate property." This property can include not only cash, stocks or other financial items, but also your furniture, your golf clubs—essentially everything else you own. You'll need a will to state whom you want to receive these items. If you don't have a will, a probate court must decide that for you.

An Undesirable Alternative

If you haven't taken the time to have your will drafted—and about half the adults in the United States have not—the law of your state has one ready for you. But the state's will may not accomplish what you would want in your own.

The state isn't aware of how much you want to leave to your spouse or your children, or the other important people in your life. It can't create a trust for the benefit of others, helping to ensure that assets are transferred at the right time and in the right amounts to the right beneficiaries. The state also has no idea which charitable organizations you want to support.

An old will can be almost as bad as none at all. Your wishes today for the division of your estate may be quite different from those you had when you made your will. Other life events, tax law changes, a move to another state, or changes in the nature and value of your assets can also affect your will. To make sure your wishes for your estate are followed, you need an up-to-date will.

What Your Will Can Do

A well-drawn will offers many benefits. Like a good suit of clothes, your will should be tailored to your exact specifications. You can give personal items and real property to loved ones. Plus, you can name alternate beneficiaries to receive the property should your loved ones not survive you.

You can give the residue of your estate all to one person or organization, divide it among several beneficiaries or place it in trust for the benefit of your spouse or someone else.

Your will allows you to designate the individual or trust institution you want to settle your estate (your executor or personal representative). You can grant specific powers to your executor (and also to the trustee, if you have created any trusts) to conserve and manage your estate under all foreseeable circumstances. Also, if you have minor children, you can name a guardian for them in case neither you nor your spouse survives.

A Will Provides an Opportunity

Having a current will allows you to determine who will receive what after you're gone, but there's another reason that a will is important: What you put in your will is what people will remember you by. Your will gives you the opportunity to transfer the values that are important to you. And one of the best ways to leave a legacy like this is to make charitable bequests in your will.

A gift to the Medical College of Georgia through your will can help shape the future of our organization, and it's free of federal estate tax. Many times, people find that a gift they thought they wouldn't be able to donate outright becomes possible, after all, through a will. Plus, when you make a charitable bequest to us, it's a fitting testimony of your belief in our mission.

An Important Privilege

The right to make a will that reflects your wishes is one you shouldn't give away. Your will can help provide for the future security and happiness of those people and organizations you care about most. It reflects your hopes, ideals, compassion and judgment—in sum, your essential personality. By thoughtfully planning a will's contents, you make sure that your love survives you.

For further information, call 1-800-869-1113 or write:

Bruce L. Howerton, *Director,* or
Troy Brietmann, *Associate Director*
Planned Giving
FI-1000
Medical College of Georgia
Augusta, GA 30912-7700.

School of Medicine Dean's Reception, MCG Homecoming 1998

Homecoming Scheduled April 22-25

Medical College of Georgia alumni, faculty and students are invited to attend Homecoming 1999, scheduled earlier this year than in previous years—April 22-25. Following is a listing of pertinent information. For more information, contact the MCG Alumni Office at 1-800-869-1113. Additional information and a Homecoming brochure will be mailed in early February.

Accommodations

Hotel rooms have been secured for MCG Homecoming participants at the following hotels. Guests are responsible for making reservations with the hotels.

Partridge Inn, 2110 Walton Way, (706) 737-8888

Radisson Riverfront Hotel, Two Tenth Street, (706) 722-8900

Radisson Suites Inn, 3038 Washington Road, (706) 868-1800

Sheraton Augusta Hotel, 2651 Perimeter Parkway, (706) 855-8100

Hospitality Suite

Plan to meet your classmates and fellow alumni at the Homecoming hospitality suite at the Radisson Riverfront Hotel, Two Tenth Street, on the second floor (banquet room level). Bring old photographs, yearbooks, scrapbooks and even old movies to the hospitality suite and relive your days at MCG with your friends. Refreshments will be available. Hours: Friday and Saturday (April 23-24), 11 a.m. to midnight.

Main Agenda

Thursday, April 22

- On-site registration, 9 a.m. to 2 p.m., MCG Alumni Center, 919 15th Street

Friday, April 23

- On-site registration, 9 a.m. to 3 p.m., MCG Alumni Center, 919 15th Street
- Tours, 10 a.m., begin from MCG Alumni Center, 919 15th Street

Saturday, April 24

- On-site registration, 9 a.m. to 3 p.m., MCG Alumni Center, 919 15th Street
- Student Government Association cookout, 11:30 a.m. to 2:30 p.m., MCG Alumni Center, 919 15th Street
- MCG Foundation Board Meeting, 1 p.m., Old Medical College, 598 Telfair Street
- President's Reception, 3:30-5:30 p.m., 920 Milledge Road
- Homecoming dance, 9:30 p.m. until, Radisson Riverfront Hotel, Two Tenth Street

School of Allied Health Sciences Events

Friday, April 23

- Department of Associated

Dental Sciences program, time and cost to be announced by the department, MCG Alumni Center, 919 15th Street
- School of Allied Health Sciences Alumni Association luncheon and presentation of Distinguished Alumnus Award, noon, Old Medical College, 598 Telfair Street, $10 per person

Saturday, April 24
- Department of Associated Dental Sciences program, time and cost to be announced by the department, School of Dentistry Building

School of Dentistry Events

Saturday, April 24
- 21st Annual Marvin Goldstein Lectureship, Radisson Riverfront Hotel, Two Tenth Street, time, cost and more information to be announced. The Alumni Association will present its Distinguished Alumnus Award during the Goldstein Lecturship luncheon.
- School of Dentistry Alumni Association business meeting, 3:30 p.m., Radisson Riverfront Hotel, Two Tenth Street
- Class of 1974 Reunion, Radisson Riverfront Hotel, Two Tenth Street, 6 p.m.

School of Graduate Studies Events

Thursday, April 22
- School of Graduate Studies Alumni Association Board and Annual Meeting, noon, MCG Alumni Center, 919 15th Street
- School of Graduate Studies Alumni Association Distinguished Alumnus Award presentation and lecture, 4 p.m., School of Dentistry Building, AD-1020
- School of Graduate Studies Alumni Association Reception, 5 p.m., MCG Alumni Center, 919 15th Street
- School of Graduate Studies Alumni Association/ Graduate Student Research Day dinner, 6 p.m., MCG Alumni Center, 919 15th Street, $10 per person for alumni, faculty and their guests. No cost for students if tickets are picked up from dean's office by April 16. Students may bring one guest. At the door, students pay $10 per person

School of Medicine Events

Friday, April 23
- School of Medicine Dean's Reception, 5:30-7:30 p.m., Old Medical College, 598 Telfair Street
- Alumni Association of the School of Medicine annual banquet and presentation of Distinguished Alumnus Awards, 7:30 p.m., Old Medical College, 598 Telfair Street, $35 per person

Saturday, April 24
- School of Medicine Alumni and MCG Foundation Joint Development Committee meeting, 8:15 a.m., MCG Alumni Center, 919 15th Street
- Alumni Association of the School of Medicine board meeting, 9:30 a.m., MCG Alumni Center, 919 15th Street
- Class reunions, 6 p.m. social hour followed by 7 p.m. dinner, Radisson Riverfront Hotel, Two Tenth Street, $40 per person

Class of 1939
60th-year class reunion
Class of 1944
55th-year class reunion
Class of 1949
50th-year class reunion
Class of 1954
45th-year class reunion
Class of 1959
40th-year class reunion
Class of 1964
35th-year class reunion
Class of 1969
30th-year class reunion
Class of 1974
25th-year class reunion
Class of 1979
20th-year class reunion
Class of 1984
15th-year class reunion
Class of 1989
10th-year class reunion
Class of 1994
5th-year class reunion
Non-reunion dinner

Sunday, April 25
- Memorial service for School of Medicine alumni, 10:30 a.m., Old Medical College, 598 Telfair Street
- Emeritus Club luncheon and induction of the class of 1959, 11:30 a.m., Old Medical College, $20 per person

School of Nursing Events

Friday, April 23
- Tentative: morning continuing education program
- School of Nursing Alumni Association dinner, program and presentation of Distinguished Alumnus Awards, 6:30 p.m. social hour, 7:15 p.m. dinner, Pinnacle Club, 699 Broad Street, $25 per person

Calling All Alumni

The Medical College of Georgia Alumni Directory, a library-quality publication scheduled for release in late 1999, will provide the name, address, phone number, academic data and business information, if applicable, of more than 14,000 alumni. The Bernard C. Harris Publishing Company, Inc. will produce the directory and mail a questionnaire to alumni to compile the information. Please take a moment to complete the questionnaire so that the directory will be as comprehensive as possible, enabling MCG alumni to keep in touch.

Class Notes

School of Medicine

Dr. Robert T. Jones ('54), president of Hutcheson Medical Center in Fort Oglethorpe, Ga., was named 1997 Walker County Citizen of the Year. Dr. Jones worked as a LaFayette, Ga., private physician from 1958 to 1975, then as hospital commander at various Air Force bases. He completed his military career as air surgeon for the National Guard Bureau of the Pentagon at Andrews Air Force Base in Maryland, then returned to LaFayette in 1995 as president and chief executive officer of Hutcheson Medical Center, which was named the 1997 Georgia Hospital of the Year.

Dr. William E. Silver ('63), an Atlanta plastic surgeon, was a featured speaker at the American Academy of Facial Plastic and Reconstructive Surgery's Fifth Winter Symposium. He discussed advances in cosmetic facial surgery and delivered papers on revision cosmetic and functional nasal surgery. He also delivered papers on new techniques in face-lift surgery and laser treatment for vascular lesions and hair removal for the otolaryngology resident course in facial plastic surgery at Emory University.

Navy Capt. John A. Mitas ('73) is participating in a multinational exercise in the Mediterranean and Baltic Sea aboard the hospital ship, USNS Comfort, home-port-

ed in Baltimore. He is one of more than 700 active-duty and reserve naval personnel participating in Baltic Challenge '98 along with military personnel from 11 European nations. The three-week exercise is a combined joint effort conducted to improve cooperation among the United States and Baltic nations of Estonia, Latvia and Lithuania in peace support operations. Hospital ships provide platforms for medical training during major exercises and serve as medical treatment facilities during real-world operations. Medical training supported includes patient evacuation, communications procedures, helicopter operations, mass casualty, humanitarian operations, telemedicine and operating with non-governmental and private volunteer organizations. Capt. Mitas joined the Navy in September 1970.

Dr. L. Michael Prisant ('77), professor of medicine and director of cardiology fellowship training at the Medical College of Georgia, is one of 12 U.S. reviewers of the *Joint National Committee Report on Prevention, Detection, Evaluation and Treatment of Hypertension.* He is listed in the 1998 edition of *Who's Who in the United States* and the 1999-2000 edition of *Who's Who in Medicine and Healthcare.*

Dr. James K. Smith ('85) practices rheumatology at St. Vincent Medical Center in Portland, Ore. He and his wife announce the birth of a daughter, Chloe Ann Smith, Feb. 25, 1997.

Dr. Steven Dukes ('91), Maitland, Fla., practices obstetrics and gynecology in Winter Park, Fla. He and wife Suzanne have two children: Ariel, 6, and Jillian, 3.

Dr. Kim A. Collins ('89), Charleston, S.C., is chief medical examiner and director of the Forensic Section and director of the Forensic Pathology Training Program for the Medical University of South Carolina.

Dr. Leedylyn Holgado Stadulis ('94) finished an ob/gyn residency at New Hanover Regional Medical Center in Wilmington, N.C., and joined University Women's Center in Charlotte, N.C., in September 1998. Her daughter, Gabrielle, was born April 7, 1998.

Dr. Victoria Samuels, who completed her neurosurgery residency at MCG, lives in Lexington, S.C., and has hired a new partner. She has moved with her mother and 6-year-old daughter, Meghan, to a new home on the lake.

Obituaries

Dr. Robert J. Moye Sr. ('52) died Oct. 7.

Dr. Odis C. Stamps Jr. ('58), Upland, Calif., died July 8, 1997.

School of Nursing

Susan Roan Smith (B.S.N., '73, M.S.N., '92), Hickory, N.C., is a geriatric nurse practitioner. She and husband Walter have two sons, Bryan, 20, and Brad, 17.

Michael A. Carter (B.S.N., '78), Rome, Ga., is a family nurse practitioner at the University of Alabama at Birmingham. He works in a collaborative internal medicine practice at Rome Internal Medicine, P.C. with Dr. Joseph N. Herren. He is a special projects officer with the Navy Reserve Naval Hospital in Camp LeJeune.

Patricia L. Miller (B.S.N., '78, M.S.N., '79), Louisville, Co., has continued to work as a consultant and joint commission surveyor. She received a Master of Divinity degree in 1996 and is an ordained Episcopal priest working at a parish in Colorado. She also is a colonel in the Air Force Reserve Nurse Corps.

Todd D. Thomason ('96), Augusta, is a staff nurse with the U.S. Army Nurse Corps and is pursuing emergency nursing certification. He was promoted to first lieutenant in August 1998 and celebrated his first wedding anniversary Aug. 14, 1998 to Krisztina, whom he met while stationed in Colorado.

Deadline for submitting information for publication in the fall issue of AlumNews is Jan. 22, 1999.

Alumni! Let us know what's new with you by taking a moment to fill out this form. Also, please send us your curriculum vitae so we can keep your files up-to-date.

☐ Male ☐ Female

Today's date

Name

Telephone number

School graduated from

Degree Class year

Street address ☐ Check if new address

City State Zip

Present specialty and place of training

Professional news (attach additional page if needed)

Personal news (photos welcome)

Please send to: *Christine Hurley Deriso, FI-1042; Medical College of Georgia; Augusta, GA 30912; fax to (706) 721-6723 or e-mail to cderiso@mail.mcg.edu.*

Dr. Bradley Named O.T. Chairman

Christine Hurley Deriso

Dr. Kathy Bradley, an occupational therapist with more than 20 years of clinical and academic experience in the field, joined the Medical College of Georgia Department of Occupational Therapy in July as chairman.

Dr. Bradley earned bachelor's and master's degrees in occupational therapy from MCG and earned an Ed.D. from the University of Georgia. She was a faculty member at MCG from 1978 to 1992, then joined Nova Care Inc., a national rehabilitation company. She was promoted eight times during her six-year tenure at Nova Care, ultimately overseeing professional development, continuing education and clinical program development for the company's 7,000-plus employees in 44 states.

"Dr. Bradley projects an extensive knowledge of the profession and its place in the emerging health care environment," said School of Allied Health Sciences Dean Biagio Vericella. "She has experience as a clinician and educator at MCG and is a strong student advocate."

As occupational therapy chairman, Dr. Bradley is working with her faculty to review the department's curriculum to ensure its reflection of health care changes such as a focus on a continuum of care including wellness, occupational health and practice within a managed care and prospective payment industry.

Dr. Kathy Bradley

This focus will also include more outpatient and home-based care.

"Students of today need to be interdisciplinary managers focused on outcomes, cost-efficiency, outpatient health care settings and wellness," Dr. Bradley said. "They must be able to interface with and advocate for the profession and their patients. We're really having to consider patients' needs along a continuum of care."

Dr. Bradley also will oversee the department's establishment of a baccalaureate distance-learning program at Columbus State University and the transference of its occupational therapy assistant program to Augusta Technical College.

The distance-learning program will enable MCG to train more occupational therapists in other areas in Georgia and spread their expertise more evenly throughout the state, Dr. Bradley said. The Columbus-based program will enroll approximately 10-12 students next academic year. Two MCG faculty members will be onsite at Columbus State University to teach the students, and faculty on the MCG campus will teach them electronically via interactive distance-learning technology.

MCG will work closely with Augusta Technical College faculty in transferring its occupational therapy assistant program to that facility, Dr. Bradley said. The technical program will develop a new curriculum and development status and hopes to enroll 14 to 16 occupational therapy assistant students.

"With these changes, we have a very exciting opportunity to be at the leading edge of health care changes and to promote quality and cost-efficiency as we prepare graduates for service and patient advocacy in Georgia," she said. "The department has some wonderful opportunities with a highly skilled, very dedicated faculty to help us reach our goals."

Dr. Johnston Dies

Dr. Charlotte Johnston, chairman of the Medical College of Georgia Department of Health Information Management, died Sept. 13.

Dr. Carol A. Campbell, associate professor in the Department of Health Information Management, is serving as acting chairman

until the vacancy is filled.

Dr. Johnston earned a bachelor's degree in medical record administration from MCG in 1964 and master's degree in anatomy from MCG in 1971. She earned a doctorate in educational administration from Georgia State University in Atlanta in 1987.

Dr. Johnston joined the MCG faculty in 1964 as an instructor. She was named an assistant professor in 1981, an associate professor in 1985 and chairman in 1989. In 1990, she obtained the additional rank of associate professor in the MCG School of Graduate Studies.

The Department of Health Information Management has established a memorial scholarship honoring Dr. Johnston. Donations may be made to the MCG Foundation and designated for the Dr. Charlotte Johnston Memorial Scholarship Fund.

Ms. Lavin a Tireless Champion for Her Profession

Christine Hurley Deriso

Nancy Lavin considers it the ultimate irony that most states require more training for manicurists than for operators of X-ray equipment.

"Diagnostic X-rays are considered safe because the radiation level is low, but they are misadministered if not done correctly," said Ms. Lavin, associate professor in the Medical College of Georgia Department of Radiologic Sciences and radiography director. "There are people doing images [X-rays] who don't know how to perform the procedure or minimize radiation, and the public has no way of knowing if it is not well-served. X-ray machines are not point-and-shoot cameras."

Ms. Lavin has spent some 25 years teaching MCG students the intricacies of performing X-rays, CAT scans, magnetic resonance imaging and other diagnostic tools that expose the body to ionizing radiation. Performed correctly, these tests are invaluable. Performed incorrectly, they can actually jeopardize health. "There are particular risks, such as risk to a fetus, and there are radio-sensitive organs that must be well-protected like the eyes, thyroid and reproductive organs," Ms. Lavin said. "Of course, the ultimate danger of a poorly performed image is misdiagnosis."

Georgia is one of many states that does not require licensed or certified radiologic science professionals to perform X-ray procedures, and there are no mandatory national standards except in mammography. Ms. Lavin is working very hard to change that, both by educating the next generation of radiologic science professionals and by working with the Georgia Society of Radiologic Technologists. She's held every office in the society, including president, and she chairs a committee that drafted recommended rules and revisions for Georgia X-ray rules regarding operator qualifications.

Last April, she delivered the society's Marjorie C. Tolan Memorial Lectureship (its highest lectureship recognition), urging members to fight for the highest professional standards. "Although our profession is one of the oldest auxiliary careers in health care, we do not have national designation as a learned profession and we don't have national licensure," Ms. Lavin said. "Half of the country's programs are non-degree. In non-licensure states, anyone can perform X-rays. Some of our biggest barriers are our specialty's origins of on-the-job training and subsequent fragmentation into specialty groups. We feel that focusing on these issues are fundamental goals."

Ms. Lavin is particularly invested in advocating for her profession; she's worked hard to earn her education. She joined MCG in 1966 as a technician in radiology and attended Augusta College (now Augusta State University) at night to earn bachelor's and master's degrees. "I went to night school for nine and a half years," she said. "I schooled my way through work instead of the other way around."

When she isn't championing her profession, Ms. Lavin is caring for her family of animals. "I have two cats, a poodle, a beagle and a turtle. I found the beagle at MCG. In the dead of winter, he was living in the hedgerow on campus, totally terrified and hiding from people. I named him Casper because he was a ghost dog, hiding in the hedgerow. It took a while to get him to trust me; now he's extremely spoiled."

She's almost as protective of the wildlife on campus as she is of her students. "All the groundskeepers know me," she said with a laugh. "I'm the one who runs out yelling, 'You can't trim there! We have baby birds!' I'm one of those critter people, you see."

Nancy Lavin

Dr. Campbell Receives Professional Achievement Award

Dr. Carol A. Campbell, associate professor in the Medical College of Georgia Department of Health Information Management, has received the 1997-98 Professional Achievement Award from the Georgia Health Information Management Association.

During Dr. Campbell's 14-year tenure at MCG, she has overseen the management and human resources component of the department's curriculum. The department's graduates have consistently scored above the national average on those sections of the national registration exam. In addition to teaching students on the MCG campus, she uses distance-learning technology, electronic mail and videotape to teach the department's human resources course at DeKalb College. She received a 1998 School of Allied Health Sciences Distinguished Service Award.

She has chaired the School of Allied Health Sciences' Faculty Organization, Dean's Promotion and Tenure Review Committee and Student Affairs Committee. She has served on MCG's Academic Council and served as secretary of the Alpha Eta Society.

Dr. Campbell is a past President of the Augusta Area Health Information Management Association and is the association's state health information advisor for professional and education recruitment.

She recently was appointed adjunct faculty at the Nova Southeastern University School of Business and Entrepreneurship.

4 Receive Respiratory Therapy Awards

Christine Hurley Deriso

A Medical College of Georgia faculty member and three MCG alumni have received respiratory therapy awards.

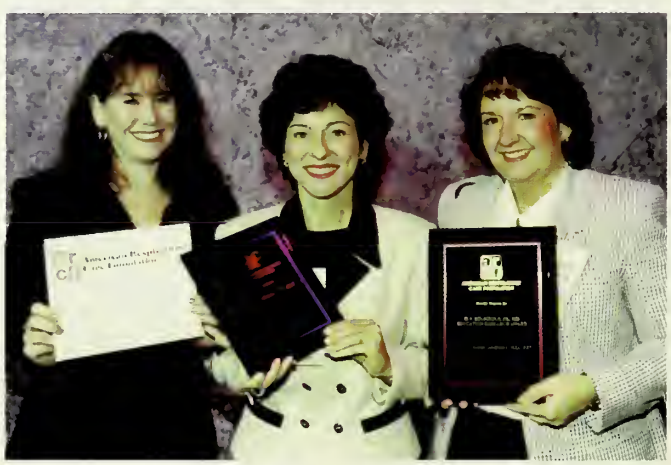
Dr. Shelley C. Mishoe, chairman of the MCG Department of Respiratory Therapy, received the American Association for Respiratory Care Education Practitioner of the Year Award. Dr. Mishoe joined the respiratory therapy faculty in 1977 and was named chairman in 1988. As president of the Georgia Society for Respiratory Care in 1984, she introduced the Respiratory Care Practices Act to the Georgia legislature. She has been a member of the American Association for Respiratory Care since 1973 and is a member of the editorial board of the journal, *Respiratory Care.* She received the School of Allied Health Sciences 1997 Outstanding Faculty Award.

Lynda Thomas Goodfellow, instructor and director of clinical education for the Georgia State University Department of Cardiopulmonary Care Services, received an H. Frederic Helmholz Jr., M.D., Educational Research Fund grant. The fund, administered by the American Respiratory Care Foundation, is used for programs and projects that advance respiratory care. Ms. Goodfellow, who graduated from the MCG Department of Respiratory Therapy in 1982, was awarded for her research into the impact of managed care on the cognitive skills of respiratory care providers.

Christina L. McGee, who graduated from the Department of Respiratory Therapy in June, received a $500 American Association for Respiratory Care Morton B. Duggan Jr. Memorial Scholarship and a $500 Lambda Beta Scholarship, awarded through the American Respiratory Care Foundation. The scholarships were based partly on Ms. McGee's student research on exercise-induced asthma.

Sonia Walia, who graduated from the Department of Respiratory Therapy in June, received a $500 James Ancil Lewis Scholarship from the Georgia Society for Respiratory Care Inc., a chapter of the American Association for Respiratory Care.

Christina McGee (from left), Shelley Mishoe, Lynda Goodfellow



Ms. Scott Named Outstanding Alumna

Christine Hurley Deriso

The Medical College of Georgia Department of Medical Technology has presented its 1998 Outstanding Alumni Award to Tess Bryant Scott.

Ms. Scott earned a bachelor's degree in medical technology from MCG in 1967. Since earning her degree, she has supervised the hematology departments at MCG and University Hospital in Augusta. She also has managed University Hospital's Sections of Chemistry and Blood Bank. Recently, she was named one of four managers of University Hospital's newly redesigned core laboratory. She has twice been nominated for University Hospital's Employee of the Year Award and has served as president of the University Hospital Fellows. Ms. Scott lectures MCG students in one of her fields of expertise, histogram interpretation on automated hematology instrumentation.

Dental Student Doubles as Quarterback

Christine Hurley Deriso

Terrence Vandiver has the gentlest of touches when his gloved fingers examine teeth during a dental examination. But those same deft hands have an entirely different mission when he isn't refining his dental skills. And the gentle demeanor is replaced by raw aggression.

Mr. Vandiver, a third-year dental student at the Medical College of Georgia, is also quarterback for the Augusta Silver Panthers, a minor-league football team. If the two endeavors seem like an unlikely pairing, Mr. Vandiver disagrees. In fact, football is what drew him to health care in the first place.

"During a high school football game, I suffered a knee injury that required surgery," he said. "I was fascinated by the whole process, and that's what got me interested in health care."

Mr. Vandiver, an Augusta native, initially wanted to go to medical school. But during undergraduate school at Fort Valley State University, where he played on the football and basketball teams, he got a glimpse of dentistry. "I had an opportunity to work with a dentist, and I found a home in dentistry," he said.

After enrolling at MCG, he threw himself wholeheartedly into his studies. But football was never far from his mind. "I don't know what I'd do without football in some form or fashion, be it playing or coaching," he said. "It was my first love and something I've never let go of." So when he was invited to try out for the Silver Panthers earlier this year, he jumped at the chance. The team is coached by former National Football League player Arthur Marshall. Third-year dental student Fionn Thomas is also on the team.

During its July-November season, the team practices three to four days a week, "but it's really not intrusive," Mr. Vandiver said. "It's two and a half hours at night, which are the same hours I spent watching television or vegging out during my first two years of dental school. This way, I'm spending my free time doing something I enjoy and staying in shape."

But he's clear about his priorities. "Football is a game. There are days I've skipped practice because I've had to study. School comes first."

Nevertheless, he's gratified to demonstrate that the two pursuits aren't mutually exclusive. He hopes to play for the Atlanta Falcons after graduation. If that works out, he will practice dentistry part time until his football career ends.

His concedes the sport has its disadvantages; for instance, injuries are a part of life. "Some days, the only way I know everything's working is if something's hurting," he said with a laugh. "But over the years, you grow used to living with injuries and your pain tolerance goes up. That's just part of it. I love the physical nature of the game. By the time a game is over, you know who the better man was on that given day. It's a constant struggle to stay on top and try to be the best."

Distinguished Alumnus Named

The School of Dentistry Alumni Association presented its 1998 Distinguished Alumnus Award to Stephan F. Holcomb Sr., a senior partner for Dental Associates of Warner Robins,

Ga. The award was presented in August.

Dr. Holcomb earned his dental degree from MCG in 1974 and is a past president of the Georgia Board of Dentistry. He also is a past president of the Central District Dental Society, an honorable fellow of the Georgia Dental Association and a fellow of the American College of Dentists, the International College of Dentists and the Pierre Fauchard Academy.

Dental Group to Meet

The Georgia Dental Alumni Study Group will hold its sixth annual winter continuing education program Jan. 27-30 in Crested Butte, Colo.

Drs. Thomas McDonald and Glenn Alex will discuss "Comprehensive Approaches to Restorative Practice—Esthetics and Occlusion."

For more information, call the Georgia Dental Alumni Study Group at (706) 738-9308.

Upcoming Continuing Education Courses

Editor's note: The following 1999 dental education programs are sponsored by the Medical College of Georgia School of Dentistry.

- Practical Answers for Fixed-Restorative Dentistry (participation workshop), Jan. 28-31, Swissotel, Atlanta
- An Endodontic Participation Course on Warm Gutta-Percha Technique, March 12-13, MCG
- 3th MCG/AAID Maxi-Course in Implant Dentistry (participation course), March 26-29 through December (monthly), Augusta and Atlanta
- Comprehensive Treatment Techniques in Fixed-Restorative Dentistry, April 15-18, Grand Hyatt Atlanta
- 21st Annual Goldstein Lecture, April 24, Radisson Riverfront Hotel, Augusta
- A Potpourri of Continuing Dental Education—Dental Materials, Dental Forensics, May 21-23, Grand Hyatt Atlanta
- 14th Annual Symposium on General Dentistry, July 4-10, King and Prince Beach Resort, St. Simons Island, Ga.
- 17th Annual Dental Hygiene Symposium, July 16-18, Savannah Marriott Riverfront
- 23rd Annual Participation Course on Clinical Anatomy of the Head and Neck, July 30- Aug. 2, MCG
- 14th Annual Specialize Your General Dentistry, Sept. 3-6, Jekyll Island Inn
- Porcelain Veneers, Provisional Restorations, Indirect Tooth Color Restorations, Smile Analysis and Intra-Oral Cameras (participation course), Sept. 23-26, Swissotel, Atlanta
- Dental Update for the General Practitioner—Nutrition, Periodontics, Radiology, Oct. 22- 24, Brasstown Valley Resort, Young Harris, Ga.
- Treatment Techniques for Fixed-Restorative Patients in General Dentistry, Nov. 4-7, Atlanta Marriott Gwinnett Place
- The Wilmer B. Eames Distinguished Lecture Series, Nov. 13-14, Atlanta Marriott Gwinnett Place
- Last Chance Continuing Dental Education, Dec. 9-10, MCG
- Oral Health Care of Patients with HIV Disease, online correspondence

MCG Tests Lead to New Periodontitis Treatment

Christine Hurley Deriso

An antibiotic applied directly to infected gums has been tested at the Medical College of Georgia School of Dentistry and approved by the U.S. Food and Drug Administration.

Atridox, manufactured by Atrix Laboratories, is a gel applied to infected pockets of gum to kill bacteria. This infection—called periodontal disease, or periodontitis—can lead to tooth loss if untreated. The active ingredient in Atridox is released gradually over several days, lengthening its effectiveness. MCG, one of 16 sites nationwide researching the drug, tested it on about 30 patients over nine months. The study determined that the drug was effective with no side effects.

Antibiotic mouth rinses and pills are available to treat periodontitis, but with limited effectiveness, said Dr. Phil Hanes, professor and chairman of the MCG Department of Periodontics and principal investigator of the MCG study. "Rinses affect only the bacteria on the tooth surface, not those in the pocket. Antibiotic pills are not recommended for routine treatment of periodontitis, due to their limited effectiveness. Atridox is applied directly to the pocket being treated, and the benefit lasts several days."

The gel must be applied by dentists but is virtually painless and requires no anesthesia.

Dr. Hanes doesn't anticipate Atridox replacing scaling and planing—the extensive gum-cleansing performed by periodontists. "I think Atridox will be used as an adjunct—a second line of treatment for gum pockets that don't respond to scaling and planing," he said.

Research Helps Pinpoint Stage of Oral Cancer

Christine Hurley Deriso

Research at the Medical College of Georgia should allow doctors to pinpoint the step-by-step progression of precancerous cells as they become cancerous—and to treat patients accordingly.

Dr. Baldev Singh, professor and interim chairman of oral and maxillofacial pathology at the Medical College of Georgia, has determined that precancerous and cancerous cells have distinctive characteristics, depending on how advanced they are.

"There are many external factors that can lead to can-

cer, such as smoking and radiation, but at the cellular level, the cause is the same: the common denominator is an alteration in genes," he said.

When healthy genes mutate, they become oncogenes, creating proteins to deliver a message of immortality to cells: keep reproducing forever. Dr. Singh is particularly interested in a group of proteins produced by oncogenes: BcL-2. BcL-2 provides a survival advantage to cells, which is to the body's benefit unless those cells happen to be precancerous. "BcL-2 keeps precancerous cells alive. That is its fundamental function," Dr. Singh said.

Dr. Singh has studied cells in the mouth—those that, when altered, can lead to oral cancer. He has found that the closer a precancerous cell is to becoming cancerous, the more BcL-2 it expresses. BcL-2 can't change a cell into a cancerous cell, but it keeps the cell alive as it progresses toward its deadly destination.

Pathologists can predict how close precancerous cells are to becoming cancerous. But Dr. Singh's research should enable them to study cells under a microscope, determine their level of BcL-2, then positively determine how advanced they are. Treatment varies depending on how advanced precancerous and cancerous cells are, so doctors then will be able to select the most appropriate treatment. "This makes it possible to categorize the precise precancerous stage at a particular place and time," Dr. Singh said.

He is also studying oral cells as they progress from precancer to cancer—the most important stage of the disease. "Once cells become cancerous, BcL-2 diminishes and the cells use other oncogenes for their survival," Dr. Singh said. "I believe BcL-2 is important in the initial stages of oral cancer. It gets it going."

As he learns more about the specific characteristics of mutated genes and the cells they affect, he hopes to determine other important information—such as whether cancer cells will spread to other organs. "Such information should provide immediate guidance about how to treat the cancer," he said.

Family of Dorothy C. Hearn presents Dorothy C. Hearn Memorial Scholarship to Mark E. Ross and Michael C. Widener

Dental School Presents Scholarships

The Medical College of Georgia School of Dentistry presented student awards during its Aug. 26 Welcome Back Assembly, an annual student/faculty gathering sponsored by the School of Dentistry Alumni Association. Guest speaker Edward McNulty, national president of the American College of Dentists, discussed dental ethics during the assembly.

The awards and their recipients are:

- School of Dentistry Alumni Association Scholarship: Brent Stiehl.
- Grover C. Hunter Scholarships: Brian Hodges, Julia Routhier, Barbara Sumner and Victor VanGreuningen
- Georgia Dental Education Foundation Scholarships: Liliya Bardenshteyn, Brittany Berger, Tinsley Choate, Jimmy Cline, Kimberly Garwood, Brett Helton, Vinh Huynh, Kim Jackson, Jed Kelley, Christi Lanier, Jay Mahadik, Binh Nguyen, Seth Patt, Seth Stewart and Hilman Walden III.
- Stan Hopkins Memorial Scholarship: Blair Waldron.
- Georgia Dental Education Foundation Dental Hygiene Scholarships: Amanda Burruss and Cynthia Chau.
- Emile T. Fisher Scholarships: Oleg Ayzenshteyn, Andrew Freedman, Jennifer Key, Sam Kwon and Michael Williams.
- Semon Eisenberg Scholarship: Craig Widener.
- Georgia Dental Association/Georgia Dental Insurance Services Scholarship: Rico Short.
- Southwestern District Dental Society Scholarship: Robert Drawdy.
- Eastern District Dental Society Scholarships: Erin Thomas and Terrence Vandiver.
- Dental Faculty Scholarships: Ritu Bath, Doug Head, Stacy Hammond Story and Michael Williams.
- Georgia Academy of General Dentistry Scholarships: Bradley Roberson and Craig Widener.
- Willis J. Walker Jr. Scholarship: Fionn Thomas.
- McRae/Orrington Scholarships: Kim Edwards and Michelle Whyte.
- Bertha S. Galin Scholarship: Melissa Thomas.
- Regents Scholarships: Christopher Harris and Brian Smith.
- President's Scholarship: William A. Trotter IV.
- Pierre Fauchard Academy Scholarship: Zach Powell.
- R. Reppard Bennett Scholarship: Ryan Kleiber.
- Dorothy C. Hearn Memorial Award: Mark E. Ross and Michael C. Widener.

Dues Increase

The School of Dentistry Alumni Association Board of Directors has approved an increase—the first in 25 years—of membership dues from $25 to $50 and of life membership dues from $600 to $1,000 effective July 1, pending a vote by members at next Homecoming's business meeting. This is a great time to become a life member at the current rate.

Dr. Mahesh Reflects on 40 Years at MCG

Christine Hurley Deriso

Editor's note: This article is reprinted from the fall 1990 edition of Medical College of Georgia Today in honor of Dr. Virendra B. Mahesh's Dec. 31 retirement from MCG.

It was the most unlikely, yet most fortuitous, of pairings.

One half of the pair was a Canadian who generally could be found at patients' bedsides.

The other was of Indian descent, more at home in laboratories.

When the two paired up in Augusta, Ga., of all places, sparks flew. And the world of medicine would never again be the same.

Dr. Robert B. Greenblatt, the Canadian, established the nation's first independent endocrinology department in 1946 at the Medical College of Georgia. The field—the science of the body's internal secretions—was so new, and Dr. Greenblatt so talented, that his work progressed at breakneck speed. His discoveries unfolded in rapid succession. The use of progesterone to halt uterine bleeding, the use of clomiphene citrate to stimulate ovulation, the use of estrogen to treat menopause symptoms—all were among his monumental contributions to medicine.

But Dr. Greenblatt's forte was clinical care and research. His life was with his patients. He realized that MCG's advancement in the field was dependent upon extensive laboratory research.

Enter the other half of the pair.

Dr. Virendra B. Mahesh, who earned a Ph.D. in organic chemistry from the University of Delhi in India and a Ph.D. in biological sciences from Oxford University in England, was completing a research fellowship at Yale University when Dr. Greenblatt beckoned.

"He had read my work of developing new methods for measuring steroid hormones and their metaboloids in the blood and urine," Dr. Mahesh recalled. "The method was applicable to his clinical and experimental work, and he invited me to come for at least one year to set up the technique in his lab."

In 1959, Dr. Mahesh joined MCG. His technique led to his and Dr. Greenblatt's discovery that ovaries can produce significant amounts of androgens, a hormone. That finding led to their ability to determine the source of overly high levels of the hormone, which can result in such conditions as excessive hair growth in women and overly large ovaries. This enabled them to devise means to manage the disorders.

The pairing of their individual approaches to endocrinology—Dr. Greenblatt at the bedside, Dr. Mahesh in the lab—was a huge success. "When I came here, we were joining two teams. Dr. Greenblatt's work was clinical, mine was scientific. It's the merging of those two skills that leads to scientific advancement," Dr. Mahesh said.

And they had their work cut out for them. Dr. Mahesh was the department's only full-time faculty member. Dr. Greenblatt and two colleagues were part-time faculty, devoting much time to private practices. Dr. Greenblatt

knew the department needed concentrated expertise to grow.

He and Dr. Mahesh appreciated each other and became good friends. "Dr. Greenblatt was a very bright and delightful person to work with," Dr. Mahesh said of his now-deceased colleague. "We didn't overshadow each other. It was a perfect working team."

So Dr. Mahesh, who had planned on being in Augusta only a year, was here to stay. "Obviously, the reason I stayed on was the opportunity to pursue my research interests and goals. I stayed because I found MCG to be supportive and I had great faith in its future."

Dr. Mahesh also had plans of his own for MCG's future. His love of research was matched by his love of teaching, and he wanted his students' opportunities at MCG to grow. He wanted MCG to offer not only master's degrees in endocrinology, but doctorates as well.

In 1965, by which time 11 master's degrees in endocrinology had been awarded at MCG, Dr. Mahesh initiated the first Ph.D. endocrinology program in the United States. By that time, the faculty had grown to include Dr. Rogers Byrd, whose field was cytogenetics. The first class of Ph.D.s—three students—graduated in 1968 and 1969.

Dr. Mahesh succeeded Dr. Greenblatt as chairman of the department in 1972. The department merged with physiology in 1986 and remains the only department of its kind. Endocrinology is more typically a section within other departments, such as medicine.

"I've enjoyed the full spectrum of academic activities—researching, teaching, working with students, recruiting new students.... I also had a hand in recruiting current faculty. We had a very strong interest in academic advancement in research long, long before it was the organized goal at MCG."

Dr. Mahesh has brought in millions of dollars of research funding as either a principal investigator or co-investigator since coming to MCG. From 1984 to 1986, all faculty members in the endocrinology Ph.D. program were funded by the National Institutes of Health. Three of the seven were members of NIH study sections. "That gives you an idea of the degree of excellence the department has experienced," Dr. Mahesh said.

Dr. Mahesh Named Journal Editor

Dr. Virendra B. Mahesh, Regents Professor and chairman of the Medical College of Georgia Department of Physiology and Endocrinology, has been named editor-in-chief of the journal, *Biology of Reproduction.*

His four-year term will begin July 1999. Drs. Darrell Brann and Thomas Ogle, faculty members in the Department of Physiology and Endocrinology, will be associate editors.

Biology of Reproduction, the top-rate journal in the field of reproductive biology, is the official journal of the Society of the Study of Reproduction.

Locum Tenens Service

DDS Staffing Resources' Locum Tenens service assists you in keeping your practice up and running when you have to be away. Each dental candidate is carefully screened and references checked.

Call for information on how this service can assist you with your practice or how you can earn extra income as a Locum Tenens Dentist!

1-888-668-7779

Toll-free

Associateship Placement also available

9755 Dogwood Road, Suite 200
Roswell, GA 30075

DDS STAFFING RESOURCES

Established 1984

Symposium Honors Dr. Mahesh

A two-day symposium commemorating the retirement of Dr. Virendra B. Mahesh, chairman of the Medical College of Georgia Department of Physiology and Endocrinology, was held Oct. 2-3 in Augusta.

The program included plenary lectures from Drs. John Cidlowski, A. Bartke, G. Pepe, G. Albrechte and Darrell Brann, plus 17 presentations by former graduates and invited scientists.

Dr. Brann Named to Study Section

Christine Hurley Deriso

Dr. Darrell W. Brann, associate professor in the Medical College of Georgia Department of Physiology and Endocrinology, has been invited to serve as a member of the Reproductive and Endocrinology Study Section, Center for Scientific Review for the National Institutes of Health.

His term began this July and will end June 30, 2002.

Study sections review grant applications submitted to the NIH, make recommendations on these applications to the appropriate NIH national advisory council or board and survey the status of research in their fields of science. Members are selected based on their demonstrated competence and achievement in their scientific discipline as evidenced by the quality of research accomplishments, publications in scientific journals and other significant scientific activities, achievements and honors.

Dr. Brann earned his Ph.D. in physiology and endocrinology from MCG in 1990.

School of Medicine

Dr. Muller Accompanies Aerobatic Team

Dr. Thomas Upson Muller ('87) accompanied the U.S. Aerobatic Team to Europe in August as team physician. The aerobatic competition, considered the Olympics of aviation, includes U.S. and international teams.

Dr. Muller is an FAA senior medical examiner and is board certified in otolaryngology and facial plastic surgery.

"As an otolaryngologist, many aviation medical problems will present to our field for treatment," he said. "The most common problems will involve rhinology and otology. Some pilots may require medical or surgical intervention, while others may require complete and appropriate rehab therapy. It is very important that pilot medications are FAA-approved if needed while flying."

One area of ongoing evaluation and treatment is a condition called the "wobblies," involving acute pilot vertigo. To better evaluate this condition during the world championship, data was collected from U.S. and international crew members. This data will be analyzed in conjunction with NASA personnel to help civilians and space shuttle crews improve performance.

Alumnus Performs Ground-Breaking Surgery

Dr. Michael V. Smith ('83), an Atlanta cardiovascular surgeon, and Dr. John D. Oswalt recently performed Atlanta's first cardiac surgery combining mitral valve repair with the Ross Procedure—replacing a faulty aortic valve with the patient's own pulmonary valve.

The surgeons performed the procedure at Georgia Baptist Medical Center on a 48-year-old patient with severe aortic valvular regurgitation and moderate mitral valvular regurgitation.

The Ross Procedure, considered more surgically complex than valve replacement surgery, is usually performed alone since it requires the patient to be sustained with a heart pump for almost two and half hours.

The Ross Procedure is considered superior to alternatives because it minimizes the risk of valve infection. Also, the alternative of using a mechanical valve replacement would have necessitated anti-coagulation medication for the rest of the patient's life, Dr. Smith said. The option of replacing the aortic valve with a bioprosthetic valve fashioned from specially preserved tissue from a pig or cow would last only 12 to 15 years.

Dr. Smith is on staff at Atlanta's St. Joseph's Hospital, Piedmont Hospital, Crawford Long Hospital, Georgia Baptist Medical Center and DeKalb Medical Center.

Alum Reflects on Friendship

When Drs. William Holmes and David Maxwell graduated from the University of Georgia some 40 years ago, they headed to Augusta together. After earning their Medical College of Georgia medical degrees in 1962, they knew they'd formed an enduring friendship.

But they didn't realize just how tight the bond was until Dr. Maxwell, a colonel in the U.S. Naval Reserves, was called into active duty during Desert Shield/Desert Storm.

Drs. Holmes and Maxwell both practice in Athens, Ga. Through the years, the two have taken call for each other and assisted each other in surgery. Now, Dr. Maxwell needed his buddy more than ever. His service to his country could last months, even years. Many reservist physicians lost their practices when the Persian Gulf crisis erupted. But Dr. Maxwell turned to his old classmate.

So while Dr. Maxwell spent eight months in 1990-91 setting up stateside hospitals, ready to receive wounded U.S. personnel, Dr. Holmes maintained his friend's practice in addition to his own. It was quite a workload, but with the help of office staff members

Ann Haynes and Hazel Morgan, he pulled it off.

Fortunately, Desert Storm ended quickly, and Dr. Maxwell returned home to his practice. But he couldn't have done it, he said, without his old friend.

Dr. Mensah Named Vice President of Association

Toni Baker

Dr. George A. Mensah, a cardiologist and director of the Hypertension Unit and Medical Specialties Practice at the Medical College of Georgia, has been elected to a three-year term as vice president of the Association of Black Cardiologists.

Also, Dr. Mensah discussed "Left Ventricular Hypertrophy: When Does It Reach the Limits?" at the international symposium, *Cardiology at the Limits 2,* sponsored by the University College London Medical School and University of Cape Town Medical School. He was one of nine speakers at the April meeting in Cape Town.

Dr. Mensah has been a member of Association of Black Cardiologists since 1989. He serves on its Clinical Research Advisory Committee and just completed a three-year term as national secretary of the 500-member organization. He received the association's Dr. Walter B. Booker Sr. Innovation Award in 1997.

He is a 1985 graduate of Washington University School of Medicine and completed his internal medicine residency at The New York Hospital of Cornell Medical Center. He then completed a clinical and a research fellowship in cardiology and echocardiography at The New York Hospital. He joined the MCG faculty in 1995.

Continuing Education Courses

Editor's note: The following 1999 programs are sponsored by the Medical College of Georgia School of Medicine.

- 34th Annual Primary Care and Family Practice Symposium, Feb. 15-20, MCG
- Flexible Fiberoptic Sigmoidoscopy, Feb. 26-27, Augusta
- 23rd Annual Ophthalmology, March 26-27, Radisson Riverfront Hotel, Augusta
- Neurology for the Non-Neurologist, April 1999, to be announced
- 13th Annual Pathology Symposium, April 24-25, Radisson Riverfront Hotel, Augusta
- 34th Annual Primary Care and Family Practice Symposium, April 19-24, MCG
- 3rd Annual Summer Transplant Symposium, June 18-20, King and Prince Beach Resort, St. Simons Island, Ga.
- 30th Annual Internal Medicine Symposium, June 28-July 3, The Cloister, Sea Island, Ga.
- 19th Annual Obstetrics and Gynecology, July 12-15, The Cloister, Sea Island, Ga.
- 22nd Annual Pediatric Update, July 26-28, King and Prince Beach Resort, St. Simons Island, Ga.
- 3rd Annual Medical and Surgical Approaches to GI Disorders, July 26-30, The Cloister, Sea Island, Ga.
- 9th Annual Neurology for the Non-Neurologist, Aug. 12-14, The Cloister, Sea Island, Ga.
- 21st Annual Critical Care Medicine, Aug. 15-20, The Cloister, Sea Island, Ga.
- 9th Annual Sleep Disorders, Aug. 20-24, The Cloister, Sea Island, Ga.
- Update in Diabetes Mellitus, Aug. 25-27, The Cloister, Sea Island, Ga.
- Georgia Statewide Telemedicine Conference, Sept. 1999, to be announced
- 23rd Annual Neonatology—The Sick Newborn, Oct. 6-8, Radisson Riverfront Hotel, Augusta
- 6th Annual Management of the Difficult Neurological Patient, Oct. 1999, Atlanta
- 6th Annual Primary Care Issues in Endocrine, Renal and Metabolic Disease, Oct. 22-24, Brasstown Valley Resort, Young Harris, Ga.
- Cardiology in the Garden of Good and Evil, Oct. 1999, to be announced
- Neurology for the Non-Neurologist, Nov. 18-20, Atlanta

Former Resident's Article Awarded

Dr. Mark J. Quarterman, former chief resident in dermatology at the Medical College of Georgia, has received the *Archives of Dermatology's* 1997 Annual Trainee Award honoring a resident for the most meritorious original research article published in the journal in a given year.

Dr. Quarterman was honored for the article, "Ocular Rosacea," which he co-authored during his residency at MCG.

He was a resident in the MCG Section of Dermatology from 1992 to 1995, serving as chief resident his final year. He then completed a dermatopathology fellowship at Ohio State University.

He is now in private practice in Anderson, S.C.

Medical Students Honored

Toni Baker

Students at the Medical College of Georgia School of Medicine were recognized for their academic excellence, research and volunteerism at the annual Honors Day April 24.

Fifteen sophomore medical students received Dean's Student Research Award Certificates for securing research funding from the Dean's Student Research Committee and successfully submitting final reports on their studies to the committee.

Honorees are Robert L. Abraham, Cameron C. Avant, Matthew B. Baker, Shannan T. Benegar, Randolph T. Jackson, John C. Keel, Mitchell P. Kok, Eric C. Lindzen, Darlene A. Lobel, Matthew B. McClain, Timothy J. McGrath, Kimberly M. Paul, Anthony W. Rekito, Gregory L. Roesel and Susan E. Shirley.

Freshman Brook G. Bearden received the MCG Department of Cellular Biology and Anatomy's Andreas Vesalius

Award in Medical Gross Anatomy, named after the Renaissance physician who laid much of the foundation for modern anatomical research and medicine.

The Peacock Family Award for Outstanding Performance in the Department of Cellular Biology and Anatomy went to freshman Wood D. Pope. The Peacock Family Award for Outstanding Performance in Gross Anatomy went to freshmen Khsitij V. Majmundar, David Gallagher, Elizabeth A. Hawk, Eric L. Sumner, Bradley H. Pierce, Robert B. Cartledge Jr., Martha E. Haykin, Bonnie J. Brooks and Willam A. Vandergrift.

Sophomores Sheila P. McMorrow, John W. Ragsdale and S. Rhett Smith received the Rotary Club of Augusta Award for Outstanding Community Service.

The Mosby, Inc., Award of Excellence honoring freshman, sophomore and junior class presidents and secretary-treasurers went to freshmen President Jason K. Kim and Secretary-Treasurer Phoebe G. Thorpe; sophomore President Kristen A. Updegraff and Secretary-Treasurer John J. Desmond; and junior class President Robert W. Kogel and Secretary-Treasurer Mary A. Smart.

Freshman Elizabeth Ashley Hawk received the Dr. W. Knowlton Hall Biochemistry Award. Sophomore Thomas W. Meeks received the Outstanding Student in Medical Microbiology Award. Sophomore David A. Hensley received the American Society for Clinical Pathology Award for Academic Excellence and Achievement.

Thomas W. Meeks received the Woo Memorial Award for the sophomore with the highest grade point average. The American Medical Women's Association, Branch 51, Award for Promotion of Women's Health Issues went to sophomores Kerri R. Bossard, Mindy D. Gentry and Polly J. Ford. The Janet M. Glasgow Memorial Award from the American Medical Women's Association went to top graduates Catherine L Dekle and Marie M. Talbot. The Janet M. Glasgow Memorial Achievement Citation from the American Medical Women's Association went to seniors Mary-Talley Dorn, Laura A. Shepherd, Serena A. Davis and Rachel A. Tesser.

The Lange Medical Publications Student Award went to seniors Adam M. Bressler and Bert T. Chen. The Merck Manual Award honoring seniors in the top of their class went to Adam M. Bressler, Catherine L. Dekle, Denny A. Carter and Marie M. Talbot.

Mark R. Huber received the Faculty Spouses' Scholarship for the top-ranked. Senior Marie M. Talbot received the Department of Medicine's Clinical Scholar Award for students going into internal medicine who exemplify an outstanding internist.

Senior Serena A. Davis received the Professor Virginia Zachert Award for Excellence in Obstetrics and Gynecology. Senior Karyn L. Hunnictt received the Harry B. O'Rear Award from the Department of Pediatrics and senior Michael A. Middleton received the department's William Weston Award.

Seniors Tasha D. Foushee and David J. Yeh received the E. Mansell Pattison Outstanding Student in Psychiatry Award. Senior Shawn Christopher Cable received the Excellence in Emergency Medicine Award. Senior Jay C. Thomas received the Thomas A. Sappington, M.D., Student Award in Family Medicine. Senior Timothy K. Adams Jr. received the William B. Dion Outstanding Student in Surgery Award.

Senior John Christopher received the Department of Neurology's Clinical Scholar Award Morgan. Senior Robert G. Peloquin received the Department of Anesthesiology's Z.W. Gramling Scholarship Award. Senior David J. Yeh received the Academic Achievement Award in Neurosurgery. Senior Catherine L. Dekle received the Raymond P. Ahlquist Award in Pharmacology. Senior Thomas L. D'Alessio received the Department of Radiology's Outstanding Student Award. Senior Elizabeth D. Ponder received the Pediatric Radiology Book Award. Senior Alexis Bryne Carter received the Department of Pathology's Walter L. Shepheard Achievement Award.

Sophomores honored for maintaining a 4.0 grade point average from August 1996-March 1998 were Daniel R. Blankenship, Mark A. Blumberg, Robert C. Cartwright, Bert T. Chen, Daniel R. Fassett, Susan G. Fryzel, Brian J. Holland, Shelley L. Horsley, Eric J. Lindstrom, Thomas W. Meeks III, John J. Miller, Kashyap B. Patel, Robert L. Seymour and John B. Wallis.

Juniors honored for maintaining a 4.0 grade point average from August 1995-March 1998 were Shannon H. Bledsoe, Jennifer M. Boyd, Robert A. Erdin III, Elizabeth B. Foster, Mark R. Huber, Brandon Isaacson, Jennifer M. Prichard, Jennifer L. Richardson, Helen K. Sibley, Wesley S. St. Clair, Gregory P. Tarleton and Carter E. Tharpe.

Seniors honored for maintaining a 4.0 grade point average throughout their four years were Adam M. Bressler, Denny A. Carter, Catherine L. Dekle and Marie M. Talbot.

Alumni Association Officers

Dr. Sandra N. Freedman
President
(706) 736-0288

Dr. J. Daniel Hanks Jr.
President-Elect
(706) 291-0253

Dr. David M. Cohen
First Vice President
(404) 256-1843

Dr. John W. Darden
Second Vice President
(770) 536-5733

Dr. Peter M. Payne,
Secretary/Treasurer
(706) 737-3310

Dr. John T. Collins
General Director
(706) 291-2699

Dr. Mark F. Ellison
General Director
(706) 369-6688

Dr. Cynthia Fernandez
General Director
(706) 561-0274

Dr. Melvin Haysman
General Director
(912) 355-5410

Dr. Charles F. Hobby
General Director
(912) 247-9682

Dr. Clarence Joe
General Director
(706) 733-3833

Dr. Kolanowski Named Chairman of Adult Nursing

Christine Hurley Deriso

Dr. Ann M. Kolanowski has joined the Medical College of Georgia as chairman of the Department of Adult Nursing.

Dr. Kolanowski earned a doctorate in nursing from New York University. Before joining MCG Aug. 1, she served as chairman of the Wilkes University Department of Nursing in Pennsylvania. She was on the Wilkes University faculty for 19 years.

"I was heavily involved in administration at Wilkes, and I felt the move to MCG would let me keep my fingers in administration while also allowing me to focus more on my research," said Dr. Kolanowski. "This faculty is very energetic and has a vision for nursing. I'd like to be part of that vision. This is a tremendous opportunity for growth."

The Department of Adult Nursing, which educates students at the baccalaureate, master's and doctoral levels, has 20 faculty members.

"I hope to foster more research and creative teaching methodologies in the department," Dr. Kolanowski said. "I'd like to see more active learning. We already have a good basis; I'd like to build on it."

Dr. Kolanowski's research focuses on enhancing the health and quality of life of patients with dementia. For several years, she and her colleagues have studied institutionalized elderly patients with dementia (usually Alzheimer's disease), focusing on symptoms such as wandering and aggressive behavior. By observing the patients' behavior and interviewing their loved ones and caregivers, Dr. Kolanowski has determined that factors such as the patient's former personality and immediate environment can exacerbate aggressive behavior.

She hopes that by understanding these patients' behavior, caregivers can be more responsive and better equipped to meet their needs.

"It's distressing that interventions for unruly behavior are so limited, such as restraining or sedating the patient," said Dr. Kolanowski. "The patients are really expressing a need; we just don't know what it is because of their inability to communicate it." For instance, a patient demanding to see her long-deceased mother actually may be communicating a need for security.

Dr. Kolanowski also has found that whereas their behavior may seem arbitrary, patients with dementia often demonstrate patterns. For instance, one patient may become highly agitated before being bathed; another might become distressed at a particular time of day. By observing these patterns, Dr. Kolanowski thinks caregivers can predict and anticipate unruly behavior, ready to respond helpfully rather than punitively.

"We're taking a look at a very broad picture to come up with a template for these

behaviors," she said. "It appears that addressing environmental factors would help ameliorate behavioral problems."

Dr. Kolanowski's research suggests that effective interventions for aggressive behavior not only enhance patients' quality of life, but help hold down expenses and curb caregiver turnover. "The focus is on quality of life, which in turn is cost-effective," she said.

Computerized Tests Prepare Students for Licensing Exam

Christine Hurley Deriso

The examination required to obtain a nursing license requires more than a thorough knowledge of nursing. It requires computer proficiency.

The national nurse licensing examination has been computerized since 1995, and a Medical College of Georgia nurse has begun adapting the School of Nursing curriculum to make sure the students are prepared.

David J. Anna, assistant professor of mental health-psychiatric nursing, has implemented software to computerize tests in two nursing courses. Students in the courses sign up to take a test on a specified day at a time convenient for them, then report to the school's computer laboratory at that time. The software guides them through the multiple-choice questions and presents a grade immediately after the test. Once graded, students can review the material again and see the correct answers to questions they missed.

"It helps prepare the students for the licensing exam and it's a wonderful tool for re-teaching information," Mr. Anna said.

He acknowledges the format can be challenging. For instance, as is true of the licensing exam, the questions must be answered in order; students can't skip around as they could on a test on paper. "It's an adjustment for them in terms to their test-taking style," Ms. Anna said. Therefore, the nursing school developed a practice test for students to take before moving on to the real thing.

"The practice test is just for fun; it helps them learn to be comfortable in front of the computer and familiar with the software," Mr. Anna said. "And they can take it as many times as they want."

Student response to computer testing has been overwhelmingly positive, he said. "Students have responded wonderfully," he said. "They understand the importance of having a comfort level with the technology."

David Anna

Blissit Award Winner Manages Tasks with Flair

Christine Hurley Deriso

Beth Jones neglects to mention "juggler" when asked about her hobbies, but the talent becomes immediately evident when visiting her Medical College of Georgia office.

While graciously conversing with her visitor, the phone rings once, twice, three times in a row, and Ms. Jones, administrative assistant to the School of Nursing dean, deftly handles each caller with her characteristic friendliness.

As she wraps up her calls, she returns the phone to the cradle with a smile. "Isn't that typical?" she laughs. "The phone hasn't rung for two hours, and now that I'm in a meeting, everybody's calling at once."

Ms. Jones' efficiency and congenial disposition haven't gone unnoticed by her colleagues. The School of Nursing dean and several faculty members wrote letters supporting her nomination for the first annual Erie P. Blissit Award, which she received in July.

The award, which recognizes outstanding service by an MCG employee with clerical, secretarial or administrative assistant responsibilities, was endowed by retired MCG Vice President and Treasurer Emeritus James A. Blissit in memory of his wife, Erie, who died in 1997. Ms. Blissit worked at MCG from 1958 to 1987 and was administrative assistant to MCG Presidents Harry B. O'Rear, William H. Moretz and Jesse L. Steinfeld.

"Ms. Jones readily and willingly works with anyone in the School of Nursing at whatever point in time her assistance is needed," said the nomination letter. "Dean [Vickie] Lambert is the first to acknowledge that when she leaves arrangements for events in Beth's hands, nothing more need be done. It will be completed on time and with style."

Ms. Jones said the nomination was the best-kept secret in the School of Nursing. "I was shocked," she said. "The faculty kept this big, big secret from me and I've never been so surprised. I can't think of anything better that could have happened to me. It was doubly special to have Mr. [James] Blissit present it to me."

Beth Jones

Ms. Jones, who joined the MCG staff 30 years ago, recalls working with both James and Erie Blissit. "Erie was down to earth and very, very easy to work with and be around," she said.

Many say the same thing about Ms. Jones. "Beth is consistently professional, courteous and competent as she fulfills her own duties and strives to work with others to meet designated goals," wrote Dr. Martha J. Bradshaw, assistant professor in the Department of Parent-Child Nursing, in her nomination letter. "Beth is exceptionally collaborative and has the best interests of the School of Nursing as her focus."

"She is unfailingly kind, polite and helpful," wrote Dr. Joyceen S. Boyle, professor and chairman of the Department of Community Nursing. "When I first came to MCG, Mrs. Jones was a person I could ask for directions to other buildings, what form to use, who did what, and in general, exactly how the place worked. In short, she is a walking representative of all of the information that is necessary to tap into in order to make the School of Nursing work."

Ms. Jones appreciates the praise but insists her efforts are nothing extraordinary. "I've always felt it's my role to assist and support my boss in any fashion to make the office or school the best it can be," she said. And if she always manages to accomplish her tasks with a smile ... well, that's just her personality. "I'm basically a happy person. And I love my job. There are many different tasks in this position, from planning receptions to coordinating special meetings to helping with student recruitment. No year is the same as the next, and that's nice. There's always a new challenge."

And she takes pride in knowing she's contributed to MCG's growth. During her 30-year tenure, she's worked in the Department of Obstetrics/Gynecology, the School of Medicine Faculty Senate, the Department of Physiology and Hospital Administration. She also worked on the university's first Institutional Self-Study some 20 years ago. "I remember during the self-study, we had a staff of typists spending eight hours a day typing the report. That's hard to imagine now. Computers have totally changed how offices work."

Other things have changed as well. "When I first worked at MCG, the [Department of Veterans Affairs Medical Center] was a parking lot. And I remember when the Sydenstricker Building [of MCG Hospital] was built. We toured it with hard hats. I never would have dreamed MCG would grow as it has."

It's with mixed emotions that Ms. Jones decided to end her tenure. She retired in November. She'll miss her colleagues and responsibilities, but she's anxious to spend her time traveling, gardening and cultivating her considerable artistic talent.

"I am looking forward to following in the footsteps of Ringo Starr," she said. "When asked what he did after the Beatles broke up, he responded that he went to the garden and sat for one year, then he moved forward. You will find me in my garden!"

Lost Alumni

The MCG Office of Alumni Affairs is trying to get back in touch with our "lost" School of Nursing alumni and will regularly publish a list of several of them. If you have any information about their whereabouts, please contact the office toll-free at 1-800-869-1113, or, locally, 721-4001.

Tara L. DuBose
Marilyn A. Dubree
Susan C. Duffey
Judith F. Duffy
Lori Ann A. Dunahoo
Shadie L. Dunahoo
Constance R. Dunbar
Norma V. Duncan
Martha Dunham
Rubnette Dunn
Patricia M. Durant
Mildred M. Durden
Robert C. Durst
Vickie P. Duty
Cheryl A. Duzenski
Ann K. Dye
Kathy L. Dysart

Medical College of Georgia
Division of Institutional Relations
Augusta, Georgia 30912

Non-Profit
Organization
U. S. Postage
PAID
Augusta, GA
Permit No. 210